the Muscles Into Play.

is specially important that you should have strong back muscles and should be well able to do their work .-Here, then, is a dumbbell exercise that

will call those muscles into very active

Bring the dumbbells to the position indicated in illustration No. k Keep your ninety degrees, and let the weight of

A Dumbbell Exercise that Calls times as you desire; you can extend do not raise the feet or legs from the you can extend your arms and while tired. doing so go through your deep breath. You will find it very hard to do this

can raise and lower the bells as many to a sitting position, but while doing so your arms at full length and, drawing floor and keep your back straight. Keep them in, let them hang at your side; on doing this until you begin to get

THREE FINE DUMB-BELL EXERCISES.



Now keep your back straight, bend ing exercise, and, in addition, while you exercise at first. In fact you may find it buttock to as near the heels as possible. contract and relax as many of your musstraps. The latter you can fasten to It is absolutely essential, of course, that cles as you can. Then you will get the floor, so that you can exert pres-

Repeat this rising feel and lowering of yourself very slowly. It will soon tire you out, but when you feel that you are getting tired that is feel that you are getting tired that is the moment when you should take a rest.

Here is another exercise to strengthen through other exercises, as I have indicated above, while in this sitting position, you will get quick results.

ME FACE DOWNWARD.

THERE are right ways of sleeping

Not Married. Born 1853.

He Is Living.

Is Sandow, the strong man, dead or

About a Mineral Spring.

To the Editor of The Evening World: How can I find out about the proper-

ties of a mineral spring on my premises?

To Relieve "L" Crush.

BERNARD FRANKSON.

J. M'QUEEN, Truro, N. S.

William Gillette, the actor, mar-

To the Editor of The Evening World:

To the Editor of The Evening World:

reliable chemist for analysis.

ried? When was he born?

nappy little girl.

she simply can't make them nice with derision.

omen, does not have to tell me that she thing is wrong.

s that do not let the poor sleeper hands at your sides.

To the Editor of The Evening World:

Having read about the conditions of and "the little landlord."

and square for the new tailor-made If your sleep is restless and you waken

and wrong ways as well. The girl gradually be made smaller and smaller fortable and restful spot, then you can who curis up like a shrimp is the until none at all is desired. Your sleep make up your mind that you need a good

one who will be in a great flurry and will be much better, and after the habit tonic and a doctor's counsel, for your worry because her shoulders are round. is once formed a pillow is looked upon nerves or your digestion are not as they

gown that is to transform her into a with a dull headache and the feeling of nappy little girl. with a dull headache and the feeling of thoroughly rested. Sitting up late at

wrinkles appearing, like wee birds of freshed, you may be sure that some nothing else. It makes those dark cir-

is a pillow fiend, and sleeps with her heavy bedding is also distressing, and head a half foot higher than her heels, as good a source for nightmare as their lustre and softness and beauty.

It stands to reason that a pillow will devilled crabs or plum pudding. Light who ever saw a pretty woman with push the flesh of the face up into blankets make the best covering. Let dull, lifeless eyes? She wouldn't be

pillows at all, and girls don't really so as to have perfect ventilation. Don't By sleeping properly the body is kept

need them any more than a little boy eat an indigestible supper before retirestronger and fresher, and thus the

needs patent-leather boots. The bed ing; that is the greatest of all beauty complexion is benefited greatly. Wrink-should be hard and perfectly flat, with follies. Lie face downward, with your less do not come so soon, the skin does

real down in the middle in a jumbled This position will keep your shoulders it would otherwise, and the chocks are beap. A hair mattress is the best for back, will give you a good figure and pink and rosy with health.

QUERIES AND LETTERS FROM THE PEOPLE.

ing stairs. GEORGE H. AMOS.

German Translations.

Send specimen of spring water to some sande" and "der kleine rentier."

The design furns over a card intended for a player the player is obliged to accept the card. Because the card. Because the card. Because the card.

transportation in the city I would like to make a few suggestions. How about First avenue? Why not put electric cars there and build an elevated road of "The king is dead! Long live the But on the deal a "faced" card must be Please tell me the origin and meaning taken by the player to whom it is dealt. But on the draw the player cannot must be M. C.

avenue line to a great extent. Why In France it was formerly the oustom, until all the other players have drawn and double-deck the Third. Sixth and on the drawn of a monaroff, for an usher and then take the next card.

times. There is no necessity for the windows be open at top and bottom pretty were she so afflicted.

woman who is horrified to find the night over again so as to get re- night will cause gray hairs as will

knees and very slowly bring the are in this squatting position, you can necessary to secure your ankles under your knees apart. (See Illustration No. 2.) I won't be surprised if the morning afNow rise again very slowly, until you ter you have this exercise you should may have some piece of furniture in the
that made heroes and heroines had Now rise again very slowly, until you ter you have this exercise you should may have some plece of furniture in the floor, which will answer the same pur-

To sum it all up, you must sleep well

cles about the eyes, and causes the

not take on that muddy, yellow hue, as

should be.

Ninth avenue lines? That could be done to appear on a balcony of the palace

without delaying traffic. They have carrying a white wand. Breaking the one road crossing another that way at wand he would announce to the popu-

Thirty-fourth street and Second ave- lace "The King is dead!" Then, halling

nue. I think it would be a great thing, the advent of the dead sovereign's suc-

I don't think any one who is able to cessor, he would cry: "Long live the

go to business would mind the stairs. King!" The term has since become em-

For that matter, they could have mov- ployed to indicate that an old era is past

To the Editor of The Evening World:

Kindly tell me the meaning, in English, of these German words: Das kleine the dealer turns over a card intended

They mean 'the little adopted child all the players have received their

and to welcome the new.

A Poker Gwery.

cept the card. B says he is not obliged

cards before he can get his. This is all

at the draw. Which is correct?

LESSONS BY JAMES L. FRAWLEY, WHO TAUGHT ROOSEVELT TO BOX. Finally, when you are in the squatting | Lie flat on the back holding the bells | REGARDING THE BEST MAN.

By Ada Marie Peck.

train. John Dix was impatient for dow crying, in a voice thick with emoa trainman to come along and turn the seat, but Beulah Lynd liked the situ"Thank God for this, John! I had lit-

ing the flakes of snow flying their your hands, my boy, and jump at once. handsome face of her opposite.

quettishly; the windows were not more impervious to the snow's enhim more openly, perhaps a trifle cotreaty than was Dix to her alluring eyes. She pronounced him an austere questioned the father as he received the

"Are we off the track?" she asked with a frightened glance, as she blushingly extricated herself. 'No: we are stalled in a drift."

"Shall we be detained long?" Dix looked out at the whirling snow laconic answer.

'Oh, what shall I do?' was her dis-

mayed cry. "I am en route to a wedding. There is to be a dinner for the bridal party to-night; the wedding is at

"I am sure I am very sorry for your predicament," said Dix, with cool courtesy. Then having carelessly observed that she was a girl of the type he detested, with a babyish roundness of features, long lashes sweeping peachy cheeks and hair of which he thought as "art red," he resumed the article on finance he was reading.

made a humorously combative motion hold it, and was passing it to the toward his broad shoulders with a men. "Now, work faster, faster!" she Dix continued to ponder on the mone-

tary question in rigid silence. Beulah ceased to think of gowns, but dwelt affectionately upon soup and roast. She was so hungry! Dix left the car, coming back redolent of cigar and smoke. 'A selfish brute!" Miss Lynd mentally denominated him, sighing so audibly with weariness and hunger that he

turned toward her. He could not deently do otherwise. "Are you ill?"
"Oh, no, but I am tired and famished," she plaintively returned. I ought to be ashamed to own it, for I have always longed to be heroic."

"There was talk of pots of hot coffee and baskets of provisions to be brought from the farmhouses around," he said.

"If not, I will forage for you."
"You cannot say that I am sharing your luxuries," said he, coming back frivolous!" he remorsefully whispered. "And that I thought you were self-This cake is the sole article of its kind on the train, hence has as much distinction as if it were a roc's egg. You will be glad to know that we start trunk is destroyed. I couldn't very well

"We are moving now." she towfully exclaimed, "and I am very, very thankful

claimed, "and I am very, very thankful for your courtesy." Miss Lynd said it with her most sunshiny smile, which still failed to melt his wintry one.

"Why were women born so weak and foolish?" he was ruminating when a terrific crash came, followed by the crackling of splintering wood and a mass of wreckage whence arose piercing screams, despairing cries, dreadful groans. The belated train had collided with the night express; the emergency that made heroes and heroines had come.

Miss Lynd was not hysterical, but "You might wear my ulster," gravely suggested Dix. "And ex the Douglas - Lynd wedding, where I imagine we are both going, we are pretty sure not to miss the occasion."

Dr. Dix took Beulah's hand in a fervent though trembling grasp, crying brokenly. "But for your intrepidity and presence of mind I should be childiess." "And except for your son's bravery and self-abnegation I should be a charred mass—like that!" she shudderingly exclaimed, turning her head as a sickening burden was borne past.

"And it was planned," she added between smiles and tears, "that the best man, who is a woman-hater, was to fail you keep your back straight; also keep full benefit of this special exercise, and sure against them and yet keep the feet with the light also keep full benefit of this special exercise, and sure against them and yet keep the feet with the light also keep full benefit of this special exercise, and sure against them and yet keep the feet with the light also keep full benefit of this special exercise, and sure against them and yet keep the feet with the light also keep full benefit of this special exercise.

pale and caim, as she watched Dix's strong hands—he had been the stroke-oar of his college crew—as they wrestled with the debris that was crushing her until she gasped for breath. Then amid the strange ringing sounds that

(Copyright, 1902, by Daily Story Pub. Co.) | surged through her head, she was HEY were in a forced position of vaguely conscious that a gray-haired vis-a-vis in an accommodation man in clerical garb came to the win-

ation, and in the intervals of watch- tie hope of finding you alive. Give me starry beauty against the windows. Dix's face was white with agony, bu state furtive giances at the coldly his dark eyes were resolute, and he handsome face of her opposite. Then she grew bolder and looked at lady. I have nearly freed her." He set him more openly, perhaps a trifle co-

prig, and at that moment was flung girl's slight form. "Jump youself, at into his arms. "I cannot, My feet are hopeless!

fastened." "And you have made no effort to free yourself! Oh, John!" was his hope-

less, reproachful cry.

The smoke-blackened men sprang and leaden sky. "Probably," was the worked with frenzied haste, but their through the shattered opening and look.

"If we had ten-five minutes mor we might get him out."
"We can save him by outting his feet off." chokingly cried the men, for the smoke was suffocatingly thick, and the flames advancing stead-

"I forbid it!" cried a clear, incisive voice. "Protect him with this,

Beulah had slipped off her dress skirt of heavy woolen, fastened the n finance he was reading.

Miss Lynd's gray eyes flashed. She skirt with snow, put in other plns to imperiously cried. "Bring a stout iron bar," she commanded a terror-stricken bystander. "Your own price, men, if you free him without mutilation.'

Her spirit and coolness were infectious. There was a rasping sound, the rebellion of metal against the mastery of metal, a splintering of wood, the leaping of two men from the very jaws of the flery furnace dragging after them a nearly suffocated form. A great should went up as the brave rescuers touched the ground; another, as Dix staggered as he picked up the shivering little figure in a gay silk petticoat, stripped her in it, and bore her to a place of safety.

"To think that I judged you weak and ish," sobbed Beulah. Then, womanlike "It's all up with the wedding," said she, "it will be too late, and probably my be bridesmaid in a red and black taffeta petticoat."

"You might wear my ulster," gravely

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